

TEBOW MAGIC
QUARTERBACK LEADS
BRONCOS TO SHOCKING
PLAYOFF WIN {page 12}



ANXIETY

HOW KEIRA OVERCAME HER STAGE FRIGHT {page 7}



LONDON

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Monday,
January 9, 2012
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► Alexia Wiatr, 21, of Woodstock, models a wedding gown from Garber's Bridal (250 Dundas St.) during a fashion show Sunday at the London Bridal Expo.

ANGELA MULLINS/METRO

Suspicious fires hit adult businesses

- Reports say businesses are connected to Hells Angels
- Police won't speculate on causes or possible motive for blazes



**ANGELA
MULLINS**
@METRONEWS.CA

Authorities are investigating three Sunday morning fires at adult-entertainment businesses in London's east end.

The fires at Famous Flesh Gordon's strip club (2190 Dundas St.), Virginia's Adult Massage & Spa (125 Clarke Rd.) and Blue Lagoon II massage parlour (1180 Oxford St. E.) were reported between 4:40 a.m. and 5:15 a.m.

The blazes are being treated as suspicious, London police spokesman Const. Amanda Van Doren said.

"At this point, we are in the early stages of the investigation," she said Sunday afternoon. "It has not been confirmed whether they are related to one another."

Van Doren said no additional details, including the causes, were available.

Each of the businesses has ties to the Hells Angels motorcycle club, police sources told AM980 news.



► Police and fire vehicles sit outside Blue Lagoon II massage parlour (1180 Oxford St. E.) Sunday afternoon as investigators sort through the remains of a fire.

ANGELA MULLINS/METRO

Famous Flesh Gordon's is owned by Rob Baretta, reportedly a high-ranking member of the club's London chapter.

Business owners of adjacent businesses declined comment Sunday afternoon.

The extent of visible damage at the targeted businesses varied.

The Oxford Street massage parlour was completely gutted with a

nail salon and variety store on either side blackened. Cleaning crews were also working at a Laundromat a few doors away Sunday afternoon. All businesses in the strip mall were closed.

A window was broken at the Clarke Road spa. A portion of a wooden patio fence was singed at the strip club.

WITH FILES FROM AM980/AM980.CA

Walking the walk at bride expo

The weekend expo packed the Western Fair District's Canada Building with hundreds of brides and grooms to be. The event featured vendors from just about every facet of nuptial planning.

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1 news



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On the web at metronews.ca



Hundreds of loved ones gather on the deck of HMCS Charlottetown to bid farewell to sailors bound for the Mediterranean Sea. Watch at metronews.ca/video

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Charges laid after holdup

There were some scary moments for staff at a convenience store near Western Friday night.

London police say around 11:30 p.m. a man entered the Hi Ya Mini Mart on Wharncliffe Road just before it turns into Western Road.

Officers allege the man was holding a crow bar and demanded cash.

Store employees immediately called police and the man took off without any money.

Jason Primrose, 21, of London, has been charged with armed robbery.

AM980/AM980.CA

Dead dog found in fridge

A London woman is facing charges after police found a dead dog inside a fridge.

London police say the dog was wrapped in a wet blanket.

They say the dog's body had several cuts on it but they believe the animal was drowned. Investigators from the London Humane Society were called to the house on Baseline Road W.

The woman has been charged with wilfully killing a dog.

THE CANADIAN PRESS

Jobless rate

London's unemployment rate ended 2011 by decreasing after three months of increases. Stats Canada says London's jobless rate fell to 9.6 per cent in December from 9.8 per cent in November. AM980/AM980.CA

Electro-Motive. Lockout



▶ Locked out Electro-Motive Diesel workers wave Sunday as passing motorists honk to show support.

ANGELA MULLINS/METRO

Pickers plan a rally with supporters

About 450 Canadian Auto Workers have been on a picket line outside the Oxford Street East plant since Jan. 1, the day after their contract expired and a lockout began. Members of other London-area unions and community groups have been visiting daily to show their support. CAW Local 88 in Ingersoll organized a barbecue for picketers on Saturday. Thousands of people are expected to participate in an Ontario Federation of Labour rally at 11 a.m., Jan. 21.

Thames River revisioned

▶ City's planning committee to consider new ideas for Thames Valley Corridor



ANGELA MULLINS
@METRONEWS.CA

City councillors will get their first official look Monday at a multimillion-dollar plan for enhancing property along the Thames River.

The plan makes nearly 80 recommendations for improvements along the length of the waterway. The cost and timing of the individual enhancements — which include improving walking paths, several parks and protecting aquatic species — varies.

Some projects could be completed in a matter of one to three years while others would take nearly a decade, the report says.

Key to carrying out the plan will be how councillors respond to a request for money to foot the plan's cost. City officials already have presented a business case asking council for more capital dollars.

The request for the 2012 budget comes in at \$500,000 and has been placed on a long list of adds and cuts that will be considered Jan. 18. Work along

\$4.9M
Estimated cost of implementing action plan for the Thames Valley Corridor.

the river would require a combined \$2 million in 2013 and 2014, \$900,000 in 2015 and \$1.5 million spread over 2016 and 2017, according to a staff request submitted last fall.

Redevelopment of downtown's Harris Park is considered one of the plan's

main initiatives. The proposal calls for upgrades to the existing riverside pathway and shoreline restoration work.

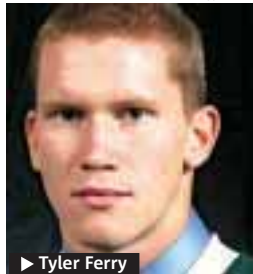
Design work on that project could start this year with construction wrapping up in 2017 if councillors approve funding tied to the corridor plan. Right now, capital spending plans call for design work to start in 2014.

City staff are also pitching the idea of creating a two-year contract position for someone responsible for overseeing the projects.

Ferry scores for a win late in third

Tyler Ferry scored the winner with 2:47 to go as the London Knights defeated the host Barrie Colts 3-2 in Ontario Hockey League action on Saturday.

Greg McKegg and Seth Griffith also scored for London (30-8-1), while Colin Behenna and Anthony Camara replied for Bar-



▶ Tyler Ferry

rie (23-15-3).

Michael Houser turned aside 24 shots for the victory, earning his league-best 29th win of the season, while Alex Fotinos made 31 saves in defeat.

The Knights finished the game 2-for-5 on the power play as the Colts ended its evening at 1-for-4. THE CANADIAN PRESS

News in brief

Shell gas station robbed

A male suspect got away with an undisclosed amount of cash from a gas station early Sunday after forcing an employee into a back room.

London police responded to a robbery

at 1:40 a.m. at the Shell station at 880 Wonderland Rd. There were no weapons used or injuries in the incident. ● METRO

Lightning win

London's Gabe Freeman had 29 points and 22 rebounds Saturday as the Lightning beat the Halifax Rainmen 97-87 in National Basketball League of Canada action at the JLC.

● METRO

Hundreds of well-wishers gathered on the deck of HMCS Charlottetown on Sunday to bid farewell to sailors bound for the Mediterranean. The frigate, carrying some 250 sailors, left under sunny skies to take part in Operation Active Endeavour, a six-month NATO counterterrorism mission. The Charlottetown will be tracking, boarding and reporting on ships believed to be involved in terrorism. The operation was launched in October 2001 in response to the Sept. 11 attacks.

Anchors. Aweigh



► Sailors aboard HMCS Charlottetown wave to their friends and family as they leave Halifax for the Mediterranean Sea on Sunday morning.

RYAN TAPLIN/METRO

HMCS Charlottetown on counterterrorism duty

'They killed my baby': Mom of man beaten in Grenada

► More details emerge about Oscar Bartholomew's death at Grenada police station ► Family, friends prepare for his funeral on Monday

In the end, it may be that one of Oscar Bartholomew's trademark bear hugs sparked the tragic chain of events that led to his beating death in a police station in St. David's, Grenada.

While much remains to come out about what happened, the Canadian Press, based on several interviews, has pieced together an account of what some say led to the death of the visitor from Canada.

"They beat my child to death," Andrianne Bartholomew, his grieving mother, said Saturday. "They killed my baby, my last baby. They killed him."

Bartholomew, 39, a native Grenadian who lived in Toronto, and his wife of 10 years, Dolette Cyr

Bartholomew, of Cascadia-St. Jules, Que., were visiting over the holidays. While driving on Boxing Day, Cyr Bartholomew needed to use a washroom, and the couple stopped at the St. David's police station, where she went inside to use the facilities.

Thinking he recognized a uniformed policewoman as a friend, Bartholomew got out of his car and grabbed her from behind in an exuberant embrace, witnesses said.

"He was always loving to his people," his mother, 71, said of the youngest of her four children. "Whenever he meet his people, he always hugged them and give them a cheer."

Some said the officer yelled out she was being



► Andrianne Bartholomew says her son was a 'quiet, loving person.'

raped. Defence lawyer Anslem Clouden, who represents one of the accused officers, said the officer "cried out for help."

At that point, a colleague in a parked police car came to her assistance. A second officer soon came running from the station to help.

Police say Bartholomew

tried to kick the officers and resisted them. "Tempers flared on all sides," Clouden said.

Three other officers joined the fray and held him down as they struggled to handcuff him. A senior officer ordered a junior to use his belt to tie Bartholomew's feet together because he was kicking out, the lawyer said, citing witness statements.

Within minutes, Bartholomew was in a coma and lay dying.

Cyr Bartholomew, who did not see much of what happened to her husband, refused to discuss the matter Saturday as she prepared for his funeral, to be held Monday.

"It's a very bad time," she said. **THE CANADIAN PRESS**

News in pictures

PHOTOS
1. JEROME DELAY/THE ASSOCIATED PRESS
2. JOHN RAOUX/THE ASSOCIATED PRESS FILE
3. MATT YORK/THE ASSOCIATED PRESS
4. CHERYL EVANS/THE ARIZONA REPUBLIC/
THE ASSOCIATED PRESS



1 Tens of thousands of South Africans wave the colours of the African National Congress on its 100th anniversary on Sunday. Absent because of his frailty was Nelson Mandela, the nation's first black president and longtime leader of the anti-apartheid movement. **THE ASSOCIATED PRESS**

2 British astrophysicist Stephen Hawking turned 70 on Sunday. Hawking, who suffers from motor neuron disease, was not well enough to attend a cosmology conference held in his honour at Cambridge University. **THE ASSOCIATED PRESS**

3 Catherine Middleton, the Duchess of Cambridge, turns 30 on Monday, but royalty buffs expecting a lavish party will be disappointed. Palace officials said the duchess will mark the personal milestone with a "low-key and private" affair. **THE ASSOCIATED PRESS**

4 Ina Menzl hugs her daughter, Rebecca Kraft, 4, on Sunday outside the Tucson, Ariz., Safeway store where Congresswoman Gabrielle Giffords was shot a year ago during a shooting spree that left six dead and 13 wounded, including Giffords. **THE ASSOCIATED PRESS**

Canada Day party to commemorate War of 1812: Documents

The federal government has hired a consultant to inject a little war into this year's Canada Day bash on Parliament Hill.

Paul Shaw, a Toronto theatre producer, has been asked to find ways to insert a War of 1812 theme into the festivities that typically include pop music, dance

and fireworks.

"I do big-ass special events all the time, so they asked me to do that," Shaw said. "It's sort of tricky to do a War of 1812 theme when you've got so many modern things in and around it."

The Conservatives, who have been promoting Canada's military heritage, have



► Re-enactors dressed as British soldiers fire their muskets at American forces during a 2007 restaging of a War of 1812 skirmish west of London.

earmarked money throughout the year to note the bicentennial of the War of 1812 in North America.

The Canadian Heritage Department normally injects patriotic themes into the Canada Day noontime show on Parliament Hill, giving the National Capital Commission a free hand to

organize the evening show.

But a recently posted tender document shows that the war theme will appear in both shows. "In 2012, the Government of Canada is commemorating the War of 1812 and this theme must be incorporated in both the noon and evening shows," it says. **THE CANADIAN PRESS**

Iran vows to cut 'strait' to heart of oil flow

► Leadership has made strategic decision to close Strait of Hormuz should Iran's exports be blocked, official says

Iran has begun uranium enrichment at a new underground site built to withstand possible airstrikes, a leading hard-line newspaper reported Sunday in another show of defiance against Western pressure to rein in Tehran's nuclear program.

The operations at the bunker-like facility south of Tehran, reported by the Kayhan daily newspaper, are small in comparison to Iran's main enrichment site. But the centrifuges at the underground labs are considered more efficient and are shielded from aerial surveillance and protected against airstrikes by up to 90 metres of mountain rock.

Uranium enrichment is at the core of the international standoff over Iran's nuclear program. The U.S. and its allies fear Iran could use its enrichment facilities to develop high-grade nuclear material for warheads.

Iran — which claims it only seeks nuclear reactors for energy and research — has sharply increased its threats and military posturing against stronger pressures, including U.S. sanctions targeting Iran's Central Bank in attempts to complicate its ability to sell oil.

A senior commander of the Revolutionary Guard force was quoted as saying Tehran's leadership has decided to order the closure of the Strait of Hormuz, a strategic oil route, if the country's petroleum exports are blocked. Revolutionary Guard ground forces also staged war games in eastern Iran in an apparent display of resolve against U.S. forces just over the border in Afghanistan.

Iranian officials have issued similar threats, but this is the strongest statement yet by a top commander in the security establishment.

THE ASSOCIATED PRESS

Nuclear sanctions

- The latest statements are certain to ramp up tensions with the U.S. and its allies, which are trying to increase pressure on Iran to punish it for its nuclear program.
- For the moment, however, U.S. officials are seeking stronger diplomatic and economic pressure on Iran rather than increasing threats of military action. A number of experts say Iran is unlikely to close the strait because that could hurt Iran as much as the West.
- In an interview broadcast Sunday, U.S. Defence Secretary Leon Panetta said Iran is laying the groundwork for making nuclear weapons someday, but is not yet building a bomb. Panetta reiterated U.S. concerns about a unilateral strike by Israel against Iran's nuclear facilities, saying the action could trigger Iranian retaliation against U.S. forces in the region.

Eco. Disaster



► The stranded cargo ship Rena breaks in two pieces after overnight storms with six-metre waves pounded the vessel off Tauranga Harbour, New Zealand.

MARITIME NEW ZEALAND/THE ASSOCIATED PRESS

Pouring oil into troubled waters

The Greek-owned cargo ship Rena ran aground on Astrolabe Reef, 22 kilometres from Tauranga Harbour, New Zealand, on Oct. 5, spewing heavy fuel oil into the seas in what has been described as the nation's worst maritime environmental disaster.

Mitt takes hits in U.S. primary debate

Republican presidential hopefuls squared off again Sunday in yet another debate, the second New Hampshire showdown in less than 24 hours ahead of the state primary Tuesday — and

this time front-runner Mitt Romney was on the hot seat.

Unlike the debate a night earlier, essentially a bitter battle for second place, the candidates directed most of their fire at

Romney, who's expected to coast easily to victory in New Hampshire's first-in-the-nation primary but will face far more socially conservative voters in South Carolina in two weeks. THE CANADIAN PRESS

Kim Jong-un 'well versed in military tactics'

North Korea's new leader vowed in 2009 to wage war if the country's enemies shot down its long-range rocket, footage aired on state television showed Sunday in the first official word of his role in military operations before his father's death.

The documentary is the second in a week seeking to highlight Kim Jong-un's experience in leading North Korea's 1.2-million-strong military and was aimed at

showing that he was in charge of the armed forces long before his father, former leader Kim Jong-il, died of a heart attack last month.

The son, who is in his late 20s, has moved swiftly into the role of "supreme leader" of the people, the ruling Workers' Party and the military despite questions abroad about how easily he could assume power with only a few years of grooming behind



► Kim Jong-un appears in a military vehicle at an undisclosed place in North Korea, in an undated image from a video that aired Sunday.

KRT VIA AP/THE ASSOCIATED PRESS

him. Kim Jong-il, in contrast, had 20 years of training when his father, North Korea founder Kim Il-sung, died of a heart attack in 1994.

The video showed Kim Jong-un shaking hands with officials at a satellite control centre after scientists launched a rocket in April 2009 that stoked regional tensions and earned North Korea international sanctions and condemnation. THE ASSOCIATED PRESS

Third Kim to lead

- The video also showed Kim Jong-un navigating a tank, and observing fighter jets and firing exercises. He is shown seated in the tank's cockpit and speaking to officers with the hatch cover open. He later drove it on a snow-covered road as his father watched from a reviewing stand.
- For two years, North Koreans were told that Kim Jong-un was a military genius, Pyongyang residents have told The Associated Press.

Attack planned on religious fest, Philippine leader tells devotees

The Philippine president warned on Sunday of a possible terrorist attack, including bombings, during an annual Roman Catholic procession in Manila that draws millions of devotees.

President Benigno Aquino III, standing with top military, police and defence officials, told a hastily called news conference that several terrorists planning to disrupt Monday's

religious procession have been sighted in the capital. Police are attempting to arrest the suspects and disrupt any planned attack, he said.

THE ASSOCIATED PRESS



► Alisa Dmitrijeva

METRO.CO.UK

Identity of body on royal estate revealed

The remains of a woman found on one of Queen Elizabeth's vast estates belong to a 17-year-old missing girl, British detectives investigating the murder said Sunday. Forensic tests identified

the decomposed body as that of Latvian Alisa Dmitrijeva, who was reported missing from her home in eastern England in August, Norfolk Police said.

THE ASSOCIATED PRESS



► An unidentified woman carries fuel from a petrol station in Lagos, Nigeria, on Sunday. Nigerian lawmakers have turned against the president's decision to end government fuel subsidies.

Nigerian fuel-subsidy cut alarms lawmakers

► Occupy Nigeria protests have begun ► Anger fuelled by ongoing violence by radical Muslim sect, corruption

Nigerian lawmakers on Sunday turned against the president's decision to end government fuel subsidies that kept gasoline prices low, just ahead of a planned labour strike that could paralyze Africa's most populous nation.

In an emergency session, Nigeria's House of Representatives shouted down supporters of President Goodluck Jonathan as they voted for a resolution calling on him to restore subsidies. But their moves went unnoticed by unions preparing for a nationwide strike set to begin Monday.

"This cabal and their associates represent perhaps the biggest economic and financial crime in the histo-

\$8B Fuel subsidies cost Nigeria about \$8 billion US a year.

ry of Nigeria," said Rep. Femi Gbajabiamila, a member of the opposition party Action Congress of Nigeria.

Gas prices have risen from 45 cents per litre to at least 94 cents per litre since the subsidy ended Jan. 1 at Jonathan's order. That spurred a spike in food and transportation costs across a nation of more than 160 million people where most live on less than \$2 a day.

Two major unions have said they will carry out a strike, despite a court order against it. That sets up a situation similar to one faced

by the OPEC-member nation in 2003, when strikers over eight days attacked shops, took over air-traffic-control towers and cut into oil production in a country vital to U.S. energy supplies.

During Sunday's session, even members of Jonathan's ruling People's Democratic Party spoke out against him. Some lawmakers said the subsidy removal could lead to a revolution like those that swept across some Middle East countries last year. "This will be the last straw that will break the camel's back if we do not act," said Rep. Pally Isumafe Obokhuaime Iriase of the Action Congress of Nigeria.

THE ASSOCIATED PRESS

Original U.S.-made coin fetches record \$1.38M

HERITAGE AUCTIONS/THE ASSOCIATED PRESS

A once-cent copper coin from the earliest days of the U.S. Mint in 1793 has sold for a record \$1.38 million US at a Florida auction.

James Halperin of Texas-based Heritage Auctions told The Associated Press Saturday that the sale was "the most a United States copper coin has ever sold for at auction." The coin was made at the Mint in Philadelphia in 1793, the first year that the U.S. made its own coins.

Heritage officials said in a news release that the name of the buyer was not revealed but that he was "a major collector." One of the coin's earliest owners was a well-known Baltimore banker, Louis Eliasberg.

"Mr. Eliasberg was nicknamed 'the king of coins' because, before his death in 1976, he assembled a collection that consisted of at least one example of every

► The 1793 Chain Cent auctioned last Wednesday.



coin ever made at the United States Mint, a feat never duplicated," Halperin said.

The final bid for the coin was one of the largest sales at the Florida United Numismatists coin show and annual convention. A five-dollar gold piece from 1829 was also sold. Halperin said there remain a few hundred 1793 coins in different condition, but that the one auctioned off last Wednesday is rare because it wasn't in circulation.

Officials say it shows no

wear on its lettering, its Lady Liberty face or the chain of linking rings on its back.





The news release said the coin is known as a Chain Cent because its chain of linking rings was supposed to represent the solidarity of the states. The design was changed to a wreath after some critics claimed it was symbolic of slavery. THE ASSOCIATED PRESS

Twilight series' makers set for a buyout?

Lions Gate is close to buying Summit Entertainment, the maker of the teen hit Twilight series, for about \$400 million US in cash and stock, according to two people Sunday who

were briefed on the matter. They were not authorized to speak publicly and requested anonymity. Talks on a deal are in the late stages and could be finalized this week. Summit also has about \$300 million in debt linked to its movies. That debt is expected to be paid off quickly. THE ASSOCIATED PRESS

Market moment

TSX	Dollar
	
- 48.76 (12,188.64)	- 0.76¢ (97.37¢ US)
Oil	Natural gas
	
- 25¢ US (\$101.56 US)	\$3.06 US (+ 8¢ US)
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CAMPAIGN CAREER

U.K. activist keeps up fight on fish farming

Don Staniford says he's never had a fist fight.

But change the subject to B.C.'s salmon-farming industry and the British-born activist is more than willing to take on the world's largest salmon-farming companies.

His outspoken criticism has earned him an appearance at the Supreme Court of B.C. on Jan. 16, where he must

defend himself against allegations from Mainstream Canada, the province's second-largest salmon-farming company, that he defamed the organization. The case could cost him \$125,000 if he loses.

The case is the second Staniford has faced in the province since 2005 and the third major legal fight of his 18-year campaigning career. According to court documents, the case focuses on anti-salmon farming campaigns Staniford initiated on or about Jan. 31, 2011. THE CANADIAN PRESS

Conservative minister talks softer on Cuba

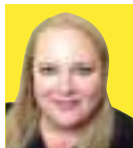
The Conservative minister for Latin America is softening some of the Harper government's previous tough talk on Cuba. This week, Diane Ablonczy visits the communist Caribbean island. Ablonczy praises the ongoing economic reforms that Cuban President Raul Castro has instituted but does not necessarily believe this will lead to greater democratic freedoms any time soon.

THE CANADIAN PRESS

'I CAN DO BETTER TOO': YOUTH FORMS BOND WITH FORMER NHL COACH

URBAN COMPASS

JILL ELLIS
METRO LONDON



When young Nick Forsyth met hockey legend Jacques Demers, it was a life-changing moment.

Forsyth was attending a Facing Off With Literacy event

at the London Convention Centre put on by Literacy Link, a regional literacy network. He learned that Demers is functionally illiterate.

"He said he also had problems with reading and he told us about his life and his problems. If someone like him can go from nothing to a big-time hockey star, then I can do better, too."

Forsyth was encouraged to attend the event by his teacher, Sharon Loucks, at the Cornerstone Classroom No. 1 Alternative Education Site, an effort by the Thames

Valley Board of Education to ensure at-risk students have opportunities to learn and earn credits toward graduation.

The duo works together to improve Forsyth's reading and overall learning abilities. Formerly a student at Ross Secondary School, Forsyth's learning difficulties were accelerated by attendance issues and "drama in my life caused by a situation with my ex (girl-

friend)." The 17-year-old says he was hanging out with the wrong crowd and was involved with drugs.

"When Nick began here, he had major anger issues," says Loucks. "We looked at how Nick was going to handle that. He could take a break and talk to us. We have few students in a smaller setting."

When Forsyth heard Demers' story of living with an alcoholic father who abused his mother and how he also had learning issues, Nick was inspired to share his story with Demers. "I walked up to him and told him that I appreciated that he came down to talk to us. What he said about being close to his mom and that he has a hard time reading made me realize that we are alike," says Forsyth.

Demers took Forsyth's phone number and gave him his home number. He promised to call Forsyth weekly to check and see if he's on track with learning and staying out of trouble, and he encouraged the teen to call him if he had something he needs to talk about. That was in November, and Demers has since been in contact with Forsyth, as promised.

According to Literacy Link's stats, one in four Canadians have issues with reading. Many, like Forsyth, are unaware of the problems and the solutions.

Forsyth is passionate about becoming an auto mechanic and plans to return to Ross to gain his certification and to pursue a better life path. He's also pleased that his success has inspired his mother to enrol in adult-education classes at Wheable. Life is coming full-circle for this young man, and heroes like Jacques Demers inspire that success.

Visit lisc.on.ca for more information.

Contact Jill Ellis at londonurbancompass@metronews.ca

Tackling the world's problems — while eating scones

NEWS WORTH SHARING

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.

At one time or another we've all jokingly referred to a gathering of friends as

a chance to "solve the world's problems."

But these guys are actually doing it. In fact, every Wednesday morning at 8 a.m., since 1989, without fail, a group of veterans gather in local Scotian Isle Baked Goods Bakery and Café. They meet to trade war stories (actual ones), reflect on their lives and, of course, eat breakfast. But they also discuss some of society's most pressing is-

ssues. Pat McDonald, bakery co-owner, says, "We've been doing this for some 20-odd years. It's a most enjoyable experience."

Each year the group also joins the community in raising money for ALS (amyotrophic lateral sclerosis), equipment for disabled children, dependants of soldiers lost in Afghanistan, and they volunteer at the Salvation Army, making and distributing Christmas

hampers. "We gladly welcome new faces," says McDonald.

So break your routine, join theirs and help make the world a better place ... one scone at a time.

● CRAIG AND MARC KIELBURGER

Help the good news get around. Send your stories of positive action to goodnews@metowe.com and we will share them right here.

Daily Zoom

Bambi meets his master



Eagle almost gets deer

SLOVAKIA. Is this bird friends with deer-chasing, viral hero Fenton the Dog? This golden eagle failed to catch this deer after the brave young doe managed to escape. Photographer Milan Krasula said, "You have to be very lucky to get a good shot, as you cannot predict where the prey will be hiding."

● METRO WORLD NEWS

Eagle went for the bigger one

HUNT. The 30-year-old Krasula spent four days trying to get a great picture of the annual eagle hunt, where owners release their birds to hunt prey. "(One owner) did not see the little doe and had actually released the eagle to get another animal. Of course, the eagle went for the doe instead of the other prey," Krasula said.

● METRO WORLD NEWS

5

A fully-grown roe deer, at 30 kilograms, is five times heavier than a six-kilogram golden eagle. Still, the deer is the golden eagle's largest regular prey item. Cases exist of golden eagles killing calves. Eagles usually eat rabbits, squirrels, birds and large insects.

How the fawn made its escape

CHASE. While describing it as "an event of Mother Nature," Krasula was secretly rooting for the fawn and its quest to escape. "I think the life of the doe was saved by a nearby fence. It wanted to jump over it but was so frightened it only managed to slip underneath, giving the eagle no choice but to abandon the chase."

● METRO WORLD NEWS

Keira's breakthrough

► Knightley talks about prepping for the role of a repressed psychiatric patient in *A Dangerous Method* ► How she battled her own psychological issue — a bad case of stage fright

RICHARD CROUSE
SCENE@METRONWS.CA

Since her 2002 breakout performance in *Bend It Like Beckham*, Keira Knightley has starred in 18 films, but it was only recently she realized something about her acting process.

"I suffer very badly from stage fright," she says.

"I didn't find it out until I had actually been on stage that that's what the feeling was.

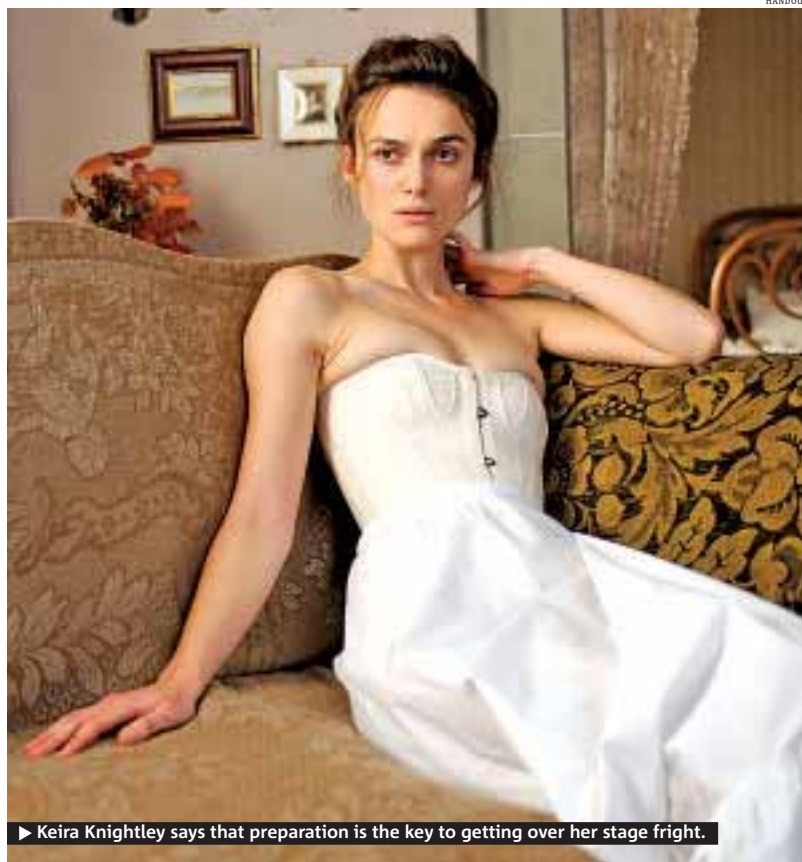
"It's literally like having a wall in front of you. You know you have the ability to break through but for some reason you can't on that day.

"It's very strange that you can work as much as I do and still have a problem with that."

She has found a way to circumvent her fears, a method that came in handy while making her newest film *A Dangerous Method*, the story of the fathers of psychoanalysis, Carl Jung (played by Michael Fassbender) and Sigmund Freud (played by Viggo Mortensen), and Sabina Spielrein, the intelligent but troubled patient who causes a falling out between the men.

"I found only in the last few years that research helps," she says.

"As far as getting over that fear of stage fright I



► Keira Knightley says that preparation is the key to getting over her stage fright.

find that preparation is the key."

To play Spielrein, a woman wracked by tics and repression, Knightley threw herself into the exploration of the character.

"There was nothing that linked me to her," she says.

"I had no idea about it. So I phoned Christopher Hampton because he did the adaptation of *Atone-ment*, which I did a few years ago, and said, 'I'm going to do this, so help. Just help.'

"I went round to his house and thought he was

going to give me a talk for a couple of hours and give me all the answers but he just handed me a pile of books and said, 'Start reading. It's all in there.'"

She eased her nerves with the research and further support was supplied during shooting by the

Viggo Mortensen on research

"With David (Cronenberg) I know I'm going to have a good time shooting and the movie is probably going to be really interesting and original. As is the case this time again. A lot of cases with other directors the shoot is maybe fraught with tension and disorder but the research period can always be interesting. I love that."

film's director, David Cronenberg.

"Sets... are very difficult creative spaces," she says, "and trying to get the space so you can use your imagination and get yourself so you are not frightened by however many hundreds of people are on the set is quite a difficult thing.

"What David does is entirely creative. As much as it is technical it is also creative, collaborative and everybody is incredibly respectful of each other.

"He's a magician. He's absolutely extraordinary."

"What David (Cronenberg) does is entirely creative. ... He's a magician. He's absolutely extraordinary."

KEIRA KNIGHTLEY

2

scene

Box office



The Devil Inside has scared up a monstrous \$34.5 million opening weekend to help Hollywood exorcise its recent box-office demons. The surprise hit from Paramount Pictures debuted well above industry expectations. The Devil Inside bumped another Paramount hit, *Mission: Impossible — Ghost Protocol*, from the No. 1 spot to No. 2.

THE ASSOCIATED PRESS



Gerry Dee turns former teaching antics into CBC-TV sitcom

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MONDAY, JANUARY 9, 2012

Say hello to the younger Young Hov'

► Jay-Z, Beyoncé name daughter Blue Ivy Carter

ALL PHOTOS GETTY IMAGES

THE WORD

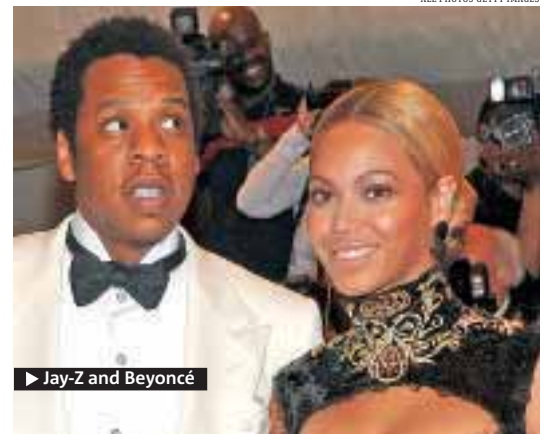
DOROTHY ROBINSON
SCENE@METRONEWS.CA



Beyoncé Knowles and Jay-Z reportedly welcomed their daughter over the weekend, according to E! News.

The baby, named Blue Ivy Carter (although some outlets are saying her name is Ivy Blue Carter), was delivered on a private floor of New York's Lenox Hill Hospital that the superstar couple had reportedly paid \$1.3 million to rent out.

And while mom and baby recuperate, security is remaining high: Hospital workers have reportedly put tape over surveillance cameras, and employees'



► Jay-Z and Beyoncé

mobile phones are being confiscated when they arrive for shifts, sources tell the New York Daily News.

There had to have been a musical motive to naming the child Blue (rhymes with "Boo?").

While it's not likely the name was inspired by al-

bums by Joni Mitchell or Weezer, we think that every time the girl does a cute drawing they can call it The Blueprint and The Blueprint II after her dad's landmark albums.

Plus, it would have been too weird to name the girl Hova-ette.

Timberlake's granny spills the beans

ENGAGEMENT. While Justin Timberlake and Jessica Biel may not have confirmed their recent engagement, Timberlake's grandmother is happy to take care of that for him.

"Yes, Justin is engaged. Jessica is a very sweet girl, she's upright and everything and we love her," Sadie Bomar tells Radar Online.

"She's a wonderful campaigner for the environment and Justin is too, a fine young man. Jessica will be a lovely member of the family."

● METRO

Sienna settles down

Sienna Miller has stopped her home-wrecking ways, it seems (remember when she allegedly broke up the marriage of Balthazar Getty?).

The actress and boyfriend Tom Sturridge are ready to get married and have a family, though which they'll do first isn't clear. Miller recently confirmed she's expecting her first child in June, and now word

comes that Sturridge popped the question during a recent vacation to Paris, according to Life & Style.

"They're engaged and really happy. Her family is happy, as they absolutely adore Tom," a source says.

"He filled their hotel suite at the Ritz with flowers and presented her with a vintage Victorian ring. It was incredibly romantic — she was blown away."



Sienna Miller

● METRO

Get your kids moving in 2012



► **Stephanie Joanne, trainer of the Degrassi cast, shows how to get your child moving** ► **‘Think of exercise for kids as simply moving their bodies’, she says**



HEATHER BUCHAN
LIFE@METRONEWS.CA

As a kid, you played Capture the Flag. Kids today are playing Call of Duty. The premise of each game is similar. The difference: One is done outdoors, and involves running and jumping and fake shooting...while the other requires a couch. And maybe a sugary soda, as an accessory.

It's an old story: kids don't get enough physical activity. What's scary is the new research that proves it: Here in Canada, for example (a country with a lot of outdoors), only nine per cent of boys and four per cent of girls meet the new Canadian Physical Activity Guidelines, which state that children and youth should accumulate at least 60 minutes of moderate to vigorous intensity physical activity daily.

The impact of this trend is both immediate (the rise of childhood obesity and diabetes is alarming) and lifelong (lifestyle patterns start young and inactive kids generally turn into inactive adults).

So how can you get your kids off the couch this New Year?

"Exercise for kids doesn't mean hitting the treadmill," explains Stephanie Joanne, who is currently training the cast of the hit high school series Degrassi,

including stars Jessica Tyler and Raymond Ablack.

Simply running around playing hide-and-seek or kicking around a ball shouldn't be viewed as frivolous.

Simple daily physical activity like this improves stamina, agility, strength and coordination in kids.

"Think of exercise for kids as simply moving their bodies. Let them decide how they want to be physically active. Maybe it's throwing a Frisbee, joining a sports team, joining a dance class or simply jumping on a trampoline."

Joanne, also an Extreme Fitness personal trainer, recommends exposing children to as many different forms of activity as possible.

"This way, they can choose which ones they enjoy," she says. One easy way to get kids moving around is through dance.

"It's much more effective to tell kids to dance to their favourite songs than to ask them to stay on cardio equipment," she says, adding, "If they don't like dancing, they can skip to their favourite songs."

And if your little ones are technology obsessed, replace Call of Duty with games that require users to get up and move around.

"Kids' fitness DVDs and Playstation games are readily available these days," says Joanne.

They follow you

► According to the Active Healthy Kids Canada, children who receive greater parental support for physical activity, and who have parents who rate physical activity as highly enjoyable, are more likely to engage in one or more hours of physical activity a day.



Degrassi's Raymond Ablack

Tips

THIS YEAR, GET YOUR KIDS OFF THE COUCH

STEPHANIE JOANNE
EXTREME FITNESS
PERSONAL TRAINER



1 Lead by example. Be a positive role model. Don't expect your kids to do

something you're not doing. Find activities you can enjoy together and commit to fitness for your family.

2 Create active habits. Walk with your kids to school, do active chores together or get active by volunteering. Create routines early on that require your kids to be active. When it becomes normal to not move and just sit in front of the TV, it becomes harder to break those habits later on.

3 Get a dog. A family dog is a great way to guarantee some activity in the home. The dog must be walked and it holds kids accountable to making the daily commitment to getting out and walking.

Twins take over



More U.S. women are having twins these days.

Health officials say one in every 30 babies is a twin.

That's a huge increase over the past 30 years.

In 1980, only one in 53 newborns was a twin.

Experts attribute the jump mainly to medical treatments and procedures that help infertile couples.

But they note that there are more older moms today.

For some reason, women in their late 30s have twins at a higher rate.

The Centers for Disease Control and Prevention released the twins report on Wednesday.

THE ASSOCIATED PRESS



Earlier diagnosis of dementia would have been beneficial, caregiver survey finds

Spice up those healthy greens

► With its tuna chunks, this salad is hearty enough for a filling lunch

DINNER EXPRESS

EMILY RICHARDS

FOOD@METRONEWS.CA



With cold winter days and nights upon us, crisp bright salad is perfect for a look ahead to spring.

Preparation:

1 In skillet, heat oil over medium low heat. Add pepper and garlic. Cook, stirring 1 min. or until

Spicy Oil-Dressed Tuna & Greens



► This recipe serves four.

fragrant. Let cool slightly. Whisk in vinegar, salt.

2 In large bowl, combine greens, tomatoes, onion,

pepper, if using, chives and parsley. Divide among 4 plates. Top each with tuna and drizzle with dressing before serving.

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA.

Ingredients:

- 3 tbsp (45 mL) extra virgin olive oil
- 1 jalapeno pepper, seeded and minced
- 1 large clove garlic, minced

- 3 tbsp (45 mL) white wine or cider vinegar
- 1/4 tsp (1 mL) salt
- 8 cups (2 L) mixed salad greens
- 1 cup (250 mL) halved grape tomatoes
- 1/3 cup (75 mL) thinly

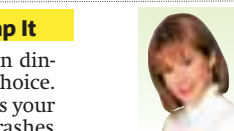
- sliced red onion
- Half green pepper, thinly sliced (optional)
- 2 tbsp (25 mL) each chopped fresh chives and Italian parsley
- 2 cans (170 g each) chunk light tuna in water, drained

Rose Reisman's Swap It

If you're going to eat a frozen dinner, be careful with your choice. For example, white rice raises your blood sugar quickly then crashes it, making you hungry again.

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Endless hot water, no tank

► Tankless water heaters not only save energy, but they cut your costs, too



BEN KNIGHT

LIFE@METRONEWS.CA

Canadians love hot water. Having a tank ready to fire

up a hot bath or shower after you come in from the winter cold is essential.

But in this eco-conscious world, almost everything is being re-imagined. One of

the latest energy-saving, cost-cutting breakthroughs is the tankless water heater.

"One of the main benefits of tankless water heaters is you're not stor-

ing and heating water while you're sleeping or out of the home," says Richard Simpson, Rheem Canada's tankless business manager. "The tankless on-



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ly heats the water as you need it."

OK, but how long does that take?

"With some units it can take an additional couple of seconds' delay," explains James Gray-Donald, sustainability leader for Sears Canada. "However, there are a number of units with a small reserve tank — just three or four litres of water — to avoid that delay."

Cold water is forced through a blazing natural gas heating system, quickly cranking it from frosty cold to toasty hot. The cost of keeping large amounts of water hot for long periods of time is eliminated.

Tankless water heaters cost double or more the price of their traditional counterparts. But their increased efficiency can save a family of four \$250 per

year. "Instead of 65 to 67 cents of every dollar you spend getting into the water in the form of energy, 94 cents of that dollar gets there," Simpson says.

There's another significant advantage. Tankless water heaters never, ever run out of hot water.

"We give you a 12-year warranty. We fully expect to get 20 years of life out of these things."

\$1.75

The average cost of heating water for a 10-minute shower in Canada is \$1.75. That's \$52.50 a month if you shower every day. The higher efficiency of tankless water heaters can cut the number by 30 per cent.

Educators approach road block

► Research indicates that a school's proximity to a major street can have a profound affect on student success

Students in low-income neighbourhoods are facing exposure to elevated levels of air and noise pollution due to the location of their schools near major roads, a new study suggests.

Researchers from Simon Fraser University (SFU) and the University of British Columbia looked at nearly 1,500 public elementary schools in Canada's 10 largest cities.

Addresses were geocoded with the proximity to the nearest major road calculated for each school. Researchers gathered data on income and neighbourhood characteristics from the 2006 census.

Studies of children who live near major roads have found that traffic-related air pollution is associated with lower lung function, impaired lung growth,



► Schools found in neighbourhoods with a higher average income are less likely to be near major roads, according to a recent study.

asthma, ear infections and lower cognitive functioning, said SFU geography graduate student Ofer Amram. He co-authored the study with SFU health sciences assistant professor Ryan Allen and three UBC colleagues.

Amram said similar studies of traffic-related noise have found links to increased blood pressure, reduced sleep quality and cognitive deficits.

Research also reveals that when children are exposed to higher air pollu-

tion and noise at school it can lead to poorer average academic performance, he noted.

Based on measurements of nitrogen oxide concentrations, ultrafine particle counts, and noise levels in three Canadian cities, re-

Down the road

Future of the findings

► Graduate student Ofer Amram said he hopes his and Ryan Allen's research can help officials determine where to build new schools, and serve as a guide for improvements like constructing sound barriers or installing filters in ventilation systems at existing schools.

ty between cities.

Researchers found schools located in neighbourhoods with a higher median income were less likely to be near major roads. Meanwhile, those housed in more densely populated neighbourhoods were more frequently close to major roads.

Amram said the study looked at overall patterns across Canadian cities and said the relationship of closer road proximity for schools in poorer neighbourhoods was pretty consistent across the cities they investigated.

But he noted that the results don't necessarily describe the situation at every individual school, but rather the general relationship between proximity and neighbourhood income. **THE CANADIAN PRESS**

New year, new life

► With a job on the horizon, cancer on the back burner and a positive outlook, Lisa is ready to take on the world

TURNING POINT

TERESA KRUIZE
LIFE@METRONews.ca



It's a new year and new beginning for Metro's Makeover Contest winner Lisa

Airst.

The cancer survivor is about to start a new job as an educator with an organization that manages homes for people with mental health issues, and Lisa says the contest played a huge role in securing her new job.

"I believe I was determined before but sometimes I gave up. Sandy at NEXCareer didn't give up on me. I learned to be even more determined and persistent."

Lisa's new wardrobe from Danier, the notebook from TechDirect, the



► Lisa Airst before and after a makeover courtesy of Donato Salon and Spa.

Blackberry with phone service from WIND Mobile and mentoring from Robin Sharma International and eBrands all helped put her on the path to success.

She recently went to Donato Salon and Spa, and as you can see from her photo she has a beautiful new look to go along



with her new job and outlook on life.

"I had a follow-up with my surgeon. I'm in remission and flying high. I feel positive about the future because I persisted right to the end and I didn't give up."

From all of us at Metro News, Congratulations Lisa!

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"We made history. We're excited about another chance to make history up there in Baltimore."

HOUSTON DEFENSIVE END J.J. WATT, WHO HAD A GAME-CHANGING INTERCEPTION RETURN FOR A TOUCHDOWN IN SATURDAY'S WIN AGAINST THE CINCINNATI BENGALS, THE TEXANS' FIRST-EVER PLAYOFF VICTORY. THE 31-10 WIN SET UP A MATCHUP WITH THE BALTIMORE RAVENS IN THE NEXT ROUND OF THE PLAYOFFS.



Scan code for more sports.



► Denver QB Tim Tebow prepares to throw the game-winning touchdown to Demaryius Thomas on Sunday.

A magic pass in the Mile High City

► Tebow's 80-yard passing TD in OT lifts Denver over Pittsburgh



One of the most storied NFL playoff teams ran into a rejuvenated Tim Tebow and the Denver Broncos.

Sorry, Pittsburgh Steelers.

The magic is back.

Tebow connected with Demaryius Thomas on an electrifying 80-yard touchdown pass on the first play of overtime and the Broncos defeated the stunned Steelers 29-23 in the AFC wild-card game on Sunday. Wild doesn't begin to describe it. The play took 11 seconds and was the quickest ending to an overtime in NFL history.

Thomas hauled in a high

Giants win



Eli Manning threw three touchdown passes to lead the New York Giants to a 24-2 win over the Atlanta Falcons in an NFC wild-card game Sunday.

play-action pass at the Denver 38, stiff-armed Ike Taylor and then outraced Ryan Mundy to the end zone. Tebow, who looked as startled as everyone else, chased down Thomas and knelt on one knee — a gesture known far and wide these days as Tebowing. Then he pounded a fist in triumph and took a

► Manning connected with Hakeem Nicks for a 72-yard TD and Mario Manningham on a 27-yard toss as the Giants (10-7) pulled away from the inept Falcons (10-7) in the second half.

► He also threw a four-yard TD pass to Nicks in the first half, which came after the quarterback scrambled 14 yards to spark the 85-yard drive.

► The Giants travel to Green Bay next Sunday to play the defending Super Bowl champion Packers (15-1), who beat them 38-35 in December.

victory lap.

"When I saw him scoring, first of all, I just thought, 'Thank you, Lord,'" Tebow said. "Then, I was running pretty fast, chasing him — like I can catch up to D.T! Then I just jumped into the stands, first time I've done that. That was fun. Then, got on a knee and thanked the

Lord again and tried to celebrate with my teammates and the fans."

Prodded by John Elway to let the ball fly, Tebow acted as if the last three weeks never happened, lifting the Broncos to their first playoff win in six years.

Behind Tebow's 316 yards passing, the Broncos (9-8) are heading to New England for a second-round game against the top-seeded Patriots on Saturday night. And, unlike Elway, who lost his first post-season start — to the Steelers at home in 1984 — Tebow is 1-0 in the playoffs.

"We're just a fighting team. A lot of resilience," Broncos cornerback Champ Bailey said. "In any adverse situation, we'll find a way to get out of it. Everybody says we backed into the playoffs, we're in. We did something right along the way. We're in it. We won a game. Now, we've got to go try to win another one."

THE ASSOCIATED PRESS

Raonic wins in India

Canada's Milos Raonic had to work for his second career ATP title.

The 21-year-old from Thornhill, Ont., beat top-seeded Janko Tipsarevic of Serbia 6-7 (4), 7-6 (4), 7-6 (4) in a serve-dominated final of the Chennai Open on Sunday in India.

Fourth-seeded Raonic hit 35 aces in a marathon match that lasted three hours 16 minutes and didn't feature a break of serve.

"It is an awesome feeling," said Raonic, who won all 48 of his service games during the week to become the first player to win a tournament without dropping serve since Swiss star Roger Federer at the 2008 grass-court tournament in Halle.

Raonic dropped only four points on serve in the first set and had four chances to break in the fourth game before Tipsarevic stole it on a tiebreaker.

"Tipsarevic took it away in the first set," Raonic said. "But I took my opportunities in the second and third."

Raonic established a 4-1 lead in the second-set tiebreaker before levelling the match on his second set point. He had to save break points early in the decider but dominated the tiebreaker with his serve.

The Canadian is 2-1 in ATP World Tour finals, claiming his first title in San Jose last February. He followed that up by finishing runner-up to American Andy Roddick in Memphis a week later.

THE ASSOCIATED PRESS



"My serve is a big factor in my game ... in 99 per cent of my matches. My job is to take care of my serve."

MILOS RAONIC

A turning point for Detroit

► Lions have taken step forward despite loss to Saints, ending playoff drought ► 'We need to win our division'

The Detroit Lions have taken a leap forward by ending an 11-season playoff drought. They have work to do on defence if they want to make it beyond the first round.

All their deficiencies showed up when the Lions gave up an NFL post-season-record 626 yards to New Orleans in a 45-28 NFC wild-card loss Saturday night.

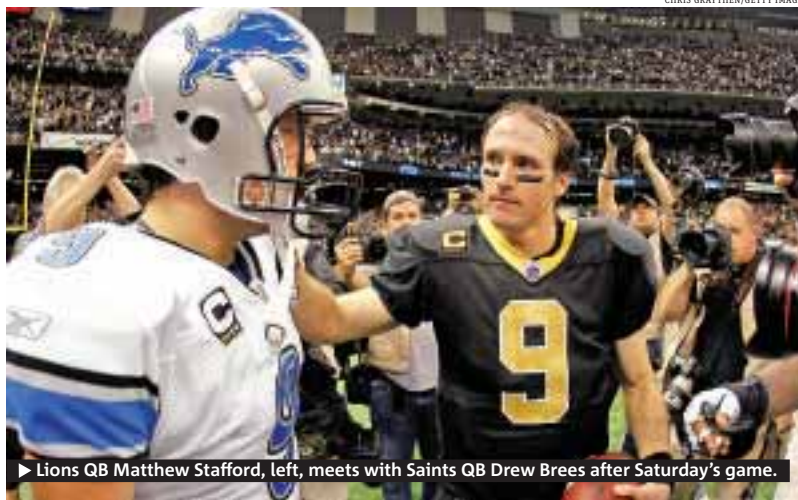
"A loss like this makes us want to return to the playoffs even more," defensive end Kyle Vanden Bosch said. "It will be no surprise to everyone when the Detroit Lions start to make the playoffs each and every year."

The Lions, though, will have to figure out a way to improve their roster enough to stop good teams

from piling up points and yards. They allowed an average of 122 yards rushing and 312 yards passing in six losses to playoff teams — two times to both Green Bay and New Orleans, and once to San Francisco and Atlanta.

Detroit slipped to the unfavourable matchup against the Saints after losing the regular-season finale by allowing Green Bay's backup Matt Flynn to throw for 480 yards and six touchdowns.

Instead of beating the Packers, who were without some of their best players, to face the New York Giants and perhaps have a better shot of winning a playoff game for the second time since 1957, the Lions were double-digit underdogs at New Orleans.



► Lions QB Matthew Stafford, left, meets with Saints QB Drew Brees after Saturday's game.

"We learned that we need to win our division so the next time we can have a home game and benefit

from our home crowd like the Saints did," quarterback Matthew Stafford said.

"That's a huge difference."

Stafford's goal has a huge obstacle: Green Bay is-

n't leaving the NFC North. Detroit coach Jim Schwartz wasn't in the mood to reflect on the season after it ended in New Orleans, but he's expected to Monday.

Three seasons after sealing NFL infamy as the only 0-16 team, the Lions have plenty of building blocks to become consistently competitive.

"We're going to be around for a while," said kicker Jason Hanson after completing his 20th season with the Lions.

Stafford threw for 5,418 yards with 44 TDs — 18 to Calvin Johnson — and 18 interceptions in 17 games that provided hope for a franchise that has desperately needed it at quarterback.

THE ASSOCIATED PRESS

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Man United eliminates Man City from FA Cup

► Red Devils fight off comeback

The FA Cup's Manchester derby left Sir Alex Ferguson seething about United's carelessness and Roberto Mancini hailing City's strength and positive attitude.

The winner of Sunday's third-round contest, though, was Manchester United — just.

Having stormed into a 3-0 lead and seen City captain Vincent Kompany sent off in the first half, United stumbled after the break against the holders before

clinging on to win 3-2 and book a trip to Liverpool.

"We were 3-0 up at half-time and we thought we were through," Ferguson said. "(We) took our foot off the pedal."

City hauled itself back into contention after strikes from Aleksandar Kolarov and Sergio Agüero, whose goal came after the ball was given away by United midfielder Paul Scholes hours after he surprisingly came out of retirement.

"It was a careless performance in the second half and we should have been home and dry," Ferguson said. "We made mistakes and you suffer if you make mistakes."

Similar mistakes have seen the champions lose back-to-back Premier League matches to slip three points behind leader City, and despite the defeat, Sunday's game only strengthened Mancini's belief that he will deliver the club's first English title

since 1968.

"If we show the same attitude and strength in other games that we showed against United with only 10 men, then yes, we can win the league," the City manager said.

United were joined in the fourth round Sunday by Chelsea, Sunderland and Sheffield Wednesday. Chelsea routed Portsmouth 4-0, Sunderland won 2-0 at Peterborough, and Sheffield Wednesday beat West Ham 1-0. **THE ASSOCIATED PRESS**

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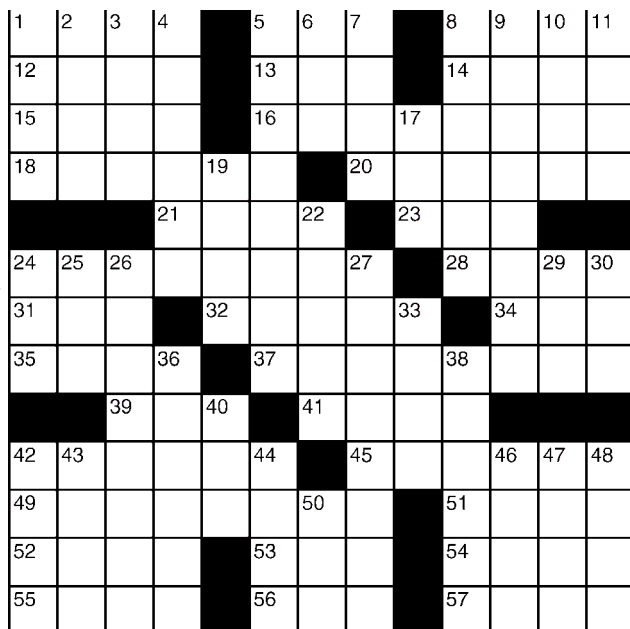
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Crossword

Across

- 1 Study hard
5 Unruly group
8 Oscar-winner Kedrova
12 Get up
13 Yoko of music
14 Soon, in verse
15 "Zounds!"
16 Obama, e.g.
18 Elk
20 Alternative to box-ers
21 Sidewalk eatery
23 Wager
24 Turn to rubble
28 Discourteous
31 Anger
32 Admit
34 Capek play
35 Obi, for example
37 Outward behaviour
39 Work on the soundtrack
41 Roof overhang
42 Slowly, in music
45 Duration
49 Insanity
51 Continental coin
52 Pub orders
53 Wall-climbing plant
54 War god
55 Fine spray
56 Caribbean or Coral
57 Fat



- 6 Individual
7 Flop on stage
8 More frilly
9 As part of an exchange
10 Bread unit
11 Picnic invaders
17 Sphere
19 Lofty
22 Cosmetician
24 Ship's staff
26 Partners of
27 Everest, e.g.
29 Twosome
30 Blunder
33 Actress Campbell
36 Least minuscule
38 Virgil hero
40 Crib
42 Leading man?
43 Sandwich shop
44 Elevator name
46 Mentor
47 Genealogy chart
48 Emcee
50 "— been had!"

► Friday's answer



Today's horoscope

♈ Aries March 21-April 20 You won't hesitate to speak your mind today, but be careful what you say to loved ones.
♉ Taurus April 21-May 21 Don't focus on trivial issues when there are so many big things that need to be dealt with.
♊ Gemini May 22-June 21 A risk that pays off in the short-term could cause you serious financial problems in the long-term.
♋ Cancer June 22-July 22 Someone will let you down today and you won't be too happy about it. However, if you think about it rationally you will realize that it was your fault for trusting them in the

first place.
♌ Leo July 23-Aug. 23 Try not to let your imagination get the better of you over the next 24 hours.
♍ Virgo Aug. 24- Sept. 22 A positive outlook will most likely yield constructive results.
♎ Libra Sept. 23-Oct. 23 Today's full moon suggests there will be a clash of egos.
♏ Scorpio Oct. 24-Nov. 22 You will lock horns (or trade stings) with someone whose views are the opposite of your own today.
♐ Sagittarius Nov. 23-Dec. 21 You will find yourself up against an opponent who is every bit as determined as you are today.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♐ Capricorn Dec. 22-Jan. 20 Be careful what you say today because the full moon in your opposite sign could so easily encourage you to say too much.
♑ Aquarius Jan. 21-Feb. 18 Friends and colleagues will tell you what you want to hear today rather than what you need to hear. But you don't need anyone to tell you that you are doing too much.
♒ Pisces Feb. 19-March 20. You may believe that if you hesitate you will miss out on a golden opportunity, and you may be right. But it's just as likely that you will act too soon and make a serious mistake. **• SALLY BROMPTON**

Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer ►

2	4	8	3	9	6	5	1	7
6	9	7	1	5	8	2	4	3
5	1	3	2	7	4	8	9	6
8	2	6	4	3	9	7	5	1
9	5	1	8	8	7	4	3	2
3	7	4	5	2	1	6	8	9
4	6	5	9	1	2	3	7	8
1	8	2	7	4	3	9	6	5
7	3	9	8	6	5	1	2	4



Caption contest



"What with the markets, I'm just trying to keep my head above water." IAN

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Jacob G,
Hey Babe, you light up the night sky and you brighten my day. it's amazing how someone could love someone so much. each day that we're together i cherish because i love you till death do us part.

YOUR WIFE!

you, Believe it! it's a rose you will get a sweetie not too long.

FROM ME

you, Well I really hope rose is who i'm hoping he is...then i'll be very happy. It couldn't hurt to be direct, not easy for me either believe it or not...

FROM ME

him, ;) wanna see u! wanna see me? ;) allz yah got-sa do is dial em digits... oh happy day! ;)

HER

You write it!

WIN! Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in Monday's Metro.

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Concentrated Oven Cleaner 4L  75% OFF Was: \$19.99 Now: \$5	10" Bamboo Skewers  80% OFF Was: \$9.99 Now: \$2	300 Ft. Foil  70% OFF Was: \$9.99 Now: \$3	Fantastik  50% OFF Was: \$5.99 Now: \$3	Olive Oil 3L  50% OFF Was: \$19.99 Now: \$10
Strong Garbage Bags  25% OFF Was: \$14.99 Now: \$10	Liquid Laundry Detergent 4L  45% OFF Was: \$8.99 Now: \$5	High Quality Charcoal 22Lbs  50% OFF Was: \$19.99 Now: \$10	Natural Sparkling Water 750mL  75% OFF Was: \$1.99 Now: .49¢	Crushed Tomato 2.84L  Limited Inventory Only 5 per customer 50% OFF Was: \$3.99 Now: \$2
Assorted Facial Tissue  Limited Inventory Only 5 per customer 65% OFF Was: \$1.49 Now: .49¢	Natural Mineral Water 1.5L  75% OFF Was: \$1.99 Now: .49¢	Imported Pasta  50% OFF Was: \$1.99 Now: \$1	2 Ply Paper Roll  65% OFF Was: \$1.49 Now: .49¢	Assorted Sauces 800mL  - Ketchup - Chili Sauce - Barbecue Sauce - Low Carb 80% OFF Was: \$4.99 Now: \$1

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